

'Control sugar levels sooner to guard against heart attacks' finds new study into type 2 diabetes

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A new study suggests that controlling blood sugar levels within the first year of diabetes diagnosis reduces the incidence of major cardiovascular

events. Furthermore, the team also found that the more a patient's blood levels varied 12 months after diagnosis, the more likely they were to experience dangerous cardiovascular events.

Dr. Martin Whyte, co-author of the study and Reader in Metabolic Medicine at the University of Surrey, says that "the [conventional wisdom](#) has been to slowly and steadily treat type 2 diabetes with diet and medicine dose-escalation over years—the period over which it took people to reduce their sugar levels after diagnosis was thought less important for major vascular protection. However, our [observational study](#) suggests that getting blood levels under control quickly—within the first 12 months after diagnosis—will significantly help reduce cardiovascular events."

Type 2 diabetes is a common condition that results in the level of sugar in the blood becoming too high. The condition is linked to obesity or a family history of type 2 diabetes and can increase a person's risk of serious health conditions.

The study has been published in the journal *Diabetes, Obesity and Metabolism*.

More information: Martin B. Whyte et al, Early and ongoing stable glycaemic control is associated with a reduction in major adverse cardiovascular events in people with type 2 diabetes: A primary care cohort study, *Diabetes, Obesity and Metabolism* (2022). [DOI: 10.1111/dom.14705](https://doi.org/10.1111/dom.14705)

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